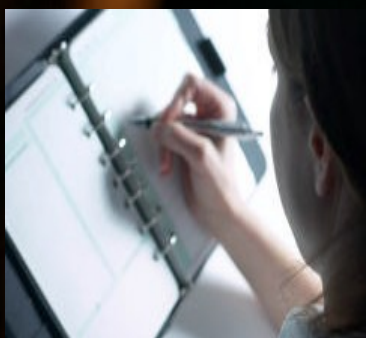


## Creating an Exercise Schedule



For a lot of people finding time for exercise can be nearly impossible. Between commuting, working long hours, spending time with family and friends, and living in cold and wet climates, it can seem impossible to get regular exercise! Since there will always be limitations to fitting exercise into a busy lifestyle, it is important to approach exercise like you would an appointment, doing laundry, or brushing your teeth. The fact is that exercise needs to be a priority! The following is an example of a 5-day exercise schedule. The goal is to get a minimum of 30 minutes of exercise 5-6 days a week.

### *Monday*

Take two fifteen minute walks...before work, at lunch, or after work are great times to fit them in. If it's too cold, snowing, raining, or too hot, walk indoors at a mall, or on a treadmill at home, or go to the gym or an indoor facility.

### *Tuesday*

Exercise at home? Start with a 2-5 minute warm-up by jogging or marching in place, going up and down the stairs, or taking a walk around the block. Do 15-20 minutes of strength training exercises and split your repetitions up into sets of 10. For example: do 2 sets of 10 sit-ups or crunches, do 2 sets of 10 squats, do 2 sets of 10 lunges, and do 2 sets of 10 push-ups & bicep curls. Finally, spend 5 minutes stretching? Here are some links to examples of exercises and stretches you can do at home from the ACE exercise library :

<http://www.acefitness.org/getfit/freeexercise.aspx>

### *Wednesday*

#### *Try an exercise video?*

You can purchase an exercise video the supermarket or rent them from a library or movie rental store. The following are online resources where you can purchase and/or rent them? remember, you do not have to do the entire video, but rather 10, 15 or 20, or 30 minutes would be great:

## *Thursday*

On the way home from work...stop at a mall or park and walk for 30 minutes (depending on the weather)? The time should go by quickly because of the distractions.

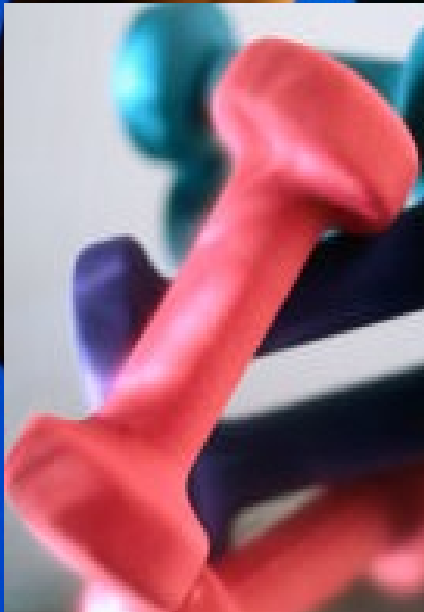
## *Friday*

Go dancing? Dance at home to your favorite CD, take a dance class, or go to a local dance hall or night club and get your groove on? You will be amazed at what a great workout dancing can be.

## *Saturday or Sunday*

clean the house, do some yard work, or think of some other activities that will increase heart rate and make you work. Use the weekend to be active and to get some of those physical projects around the house done!

### *More tips to add to your weekly exercise plan...*



**\*Make a weekly exercise schedule!** Start to plan exercise into your day like you would an appointment. Keep this schedule in clear view like on your refrigerator, mark in your daily planner, or keep it at your desk at work.

**\*Make exercise fun and functional!** Do things that involve using your body like gardening, cleaning, projects around your home...try outdoor sports such as golf, football or tennis.

**\*Buy a Pedometer!** Track your daily steps. The goal is 10,000 steps a day which equates to about 5 miles! Start by tracking an average day and each consecutive day add 100-200 steps until you work up to 10,000. Do things like take the stairs, walk to your co-workers desk rather than calling them, get off public transportation a stop early, or take a few 10 minute walks throughout the day...walk before breakfast, after dinner or both!

**\*Get a workout partner** like a friend, relative, life partner, or a co-worker so that you are accountable to someone! You are more likely to stick to it if you have someone counting on you.

**\*Buy some home exercise equipment!** You don't necessarily need to buy a treadmill or elliptical trainer, but rather, buy some 3, 5, and 8 pound free weights, resistance bands, an exercise ball, a Yoga mat, etc. Also, purchase some exercise clothes that you feel good in. You're more likely to workout when you feel good about how you look!

For more tips information visit these websites...

### ***\*The American Heart Association:***

"Physical Activity in Your Daily

Life" <http://www.americanheart.org/presenter.jhtml?identifier=2155>



### ***\*MayoClinic: "Fitness Program: Staying Motivated***

***"http://www.mayoclinic.com/health/fitness/HQ01543***